

SLEEP APNEA

BTN

Sleep Apnea

WHAT IS IT?

- *FROM THE GREEK MEANING “WANT OF BREATH”
- *REPEATED CESSATION OF BREATHING DURING SLEEP
COMMONLY DEFINED AS 30 OR MORE APNEIC EPISODES
(10 SECONDS OR MORE) DURING A PERIOD OF SEVERAL
HOURS OF SLEEP
- *RELATIVELY COMMON

Sleep Apnea

WHO GETS IT?

- *ALL AGE GROUPS

- *BOTH SEXES

- *LOUD SNORERS

- *OVERWEIGHT

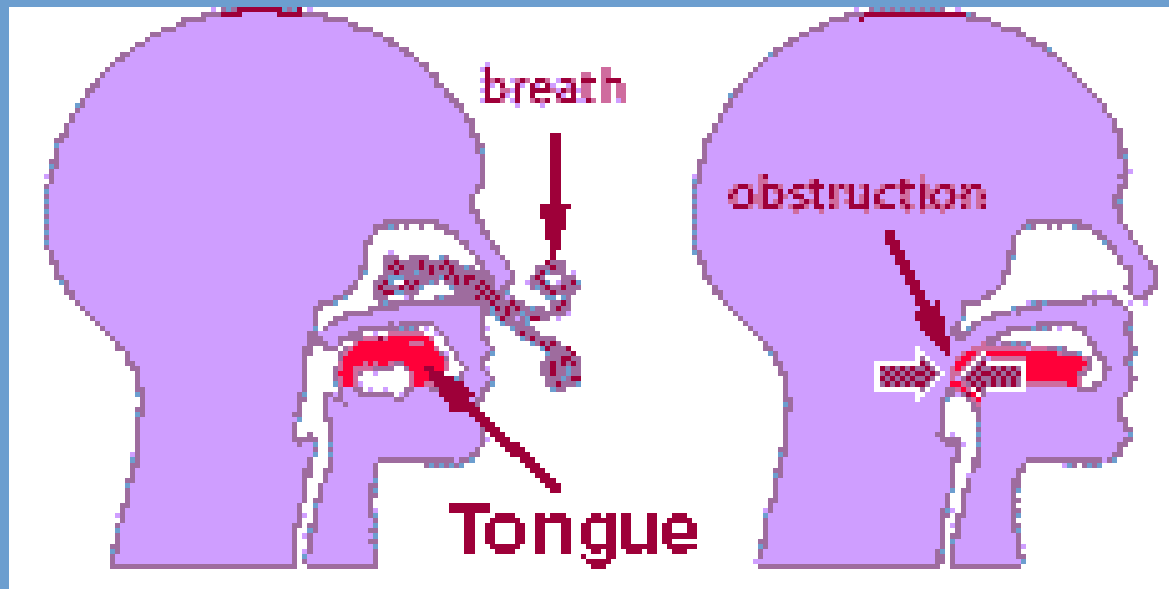
Sleep Apnea

TYPES:

1. OBSTRUCTIVE
2. CENTRAL
3. MIXED

Sleep Apnea

WHAT CAUSES IT?



Normal

Obstructed

Sleep Apnea

SIGNS AND SYMPTOMS:

1. EXCESSIVE DAYTIME SLEEPINESS
2. HEAVY SNORING
3. FREQUENT AROUSALS DURING SLEEP
4. MORNING HEADACHES AND/OR NAUSEA
5. POOR MEMORY
6. DEPRESSION
7. ANXIETY
8. IMPOTENCE
9. HIGH BLOOD PRESSURE
10. CARDIAC IRREGULARITIES

Sleep Apnea

HOW IS IT DIAGNOSED?

- *NOCTURNAL POLYSOMNOGRAPHY(NPSG)
- *MULTIPLE SLEEP LATENCY TEST(MSLT)

Sleep Apnea

HOW IS IT TREATED?

- *BEHAVIORAL THERAPY

- *RX

- *PHYSICAL OR MECHANICAL THERAPY

- *SURGERY

Sleep Apnea

HOW IS IT TREATED?

*BEHAVIORAL THERAPY

1. AVOID :

- *ALCOHOL

- *TOBACCO

- *SLEEPING PILLS

2. LOSE WEIGHT

3. SLEEP POSTURE

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Sleep Apnea

HOW IS IT TREATED?

*RX

1. TRIPTIL, VIVACTIL (PROTRIPTYLINE)
2. KLONOPIN (CLONAZEPAM)

Sleep Apnea

HOW IS IT TREATED?

*PHYSICAL OR MECHANICAL THERAPY

1. CPAP(Continuous Positive Air Pressure)
- Nasal, Oral and Both
2. BiPAP(Bi-Level Positive Air Pressure)
3. Oral Pressure Appliance(OPAP)

Sleep Apnea

HOW IS IT TREATED?

*PHYSICAL OR MECHANICAL THERAPY

4. Oral Appliance Therapy

- Tongue Retaining Devices(TRD)

- Mandibular Repositioning Devices(MRD)

Sleep Apnea



nasal CONTINUOUS
POSITIVE AIR PRESSURE



ORAL PRESSURE
APPLIANCE

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MANDIBULAR REPOSITIONING DEVICES



MODIFIED HERBST



KLEARWAY

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Sleep Apnea



ADJUSTABLE PM
POSITIONER



TONGUE RETAINING
DEVICE
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HOW IS IT TREATED?

*SURGERY

1. UPPP

-Uvulopalatalpharyngealplasty

2. CAPSO

-Cautery Assisted Palatal Stiffening Operati

3. LAUP

-Laser Assisted Uvulopalatalplasty

4. HYOID SUSPENSION

Sleep Apnea

HOW IS IT TREATED?

*SURGERY

5. PARTIAL GLOSSECTOMY

6. RADIOFREQUENCY ABLATION

7. ORTHOGNATHIC SURGERY

8. INFLUENT

Sleep Apnea

WEB SITES:

American Sleep Apnea Association
www.sleepapnea.org

Academy of Dental Sleep Medicine
www.DentalSleepMeds.org

American Sleep Disorders Assoc. (ASDA)
www.asda.org

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WEB SITES:

National Sleep Foundation

www.sleepfoundation.org

American Lung Association (ALA)

www.lungusa.org

National Institute of Health

www.nhlbi.nih.gov/health/public/sleep/

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QUESTIONS????

- THANK YOU FOR YOUR ATTENTION!!